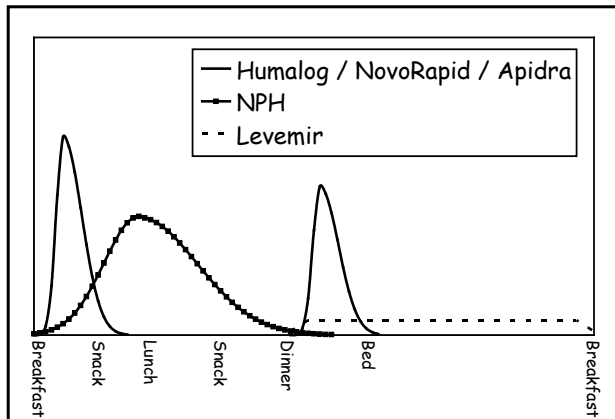


TIMING OF MEALS & SNACKS

HOW CAN I BE FLEXIBLE WITHIN MY MEALPLAN?



Rapid-acting insulin (NovoRapid, Humalog, Apidra) given before breakfast works with food from **breakfast and morning snack. This is Block #1.**

NPH insulin given before breakfast works with food from **lunch and afternoon snack. This is Block #2.**

Rapid-acting insulin given before dinner works with food from **dinner and bedtime snack** (if within 3 hours). **This is Block #3.**

- ➔ It is important to know when your insulin is peaking, so that you can best match it with your meals and snacks
- ➔ Within each of the blocks, it is ok to slide up to 15 grams of carbs between that meal or snack to create more flexibility and to allow for changes in appetite

Example: If your child eats 15 grams fewer carbs than typical at breakfast, you may add 15 grams of carbs to morning snack. If breakfast has more carbs than typical, you may reduce morning snack.

*It is important not to "slide" more than 15 grams, as larger variability may result in lows

- ➔ Matching when your insulin is peaking with proper timing of meals and snacks helps your body to best use your food for growth and energy and helps to keep blood sugars in target!

Meal delay after insulin is given:

- Rapid-acting insulin will start working about 15 minutes after it is given.
- If the meal is delayed more than 20 minutes after giving rapid-acting insulin, you may be at risk for hypoglycaemia, depending on your blood sugar level
- Aim to start eating at least part of the meal (e.g. drink your milk) within 20 minutes of giving rapid-acting insulin.